



For Immediate Release

Contact Name: Anna Eaton
Recreation Program Coordinator
Community Resources Department
Phone: (707) 428-7796
Fax: (707) 429-5687
Email: aeaton@fairfield.ca.gov

New Fall Variety for Adults

Fairfield, California (Thursday, August 26, 2010)—Fairfield Community Resources Department offers new adult classes with many health benefits.

Discover the beautiful Suisun estuary on guided paddles. Water safety, technique, and equipment are discussed on dry land first. **Naturalist Paddle** is open to adults ages 18 and up from 9 to 11:30 a.m. on Saturday, August 28. Class fee is \$40. **Beginning Paddle** is open to ages 12 and up from 12 to 2 p.m. on Saturday, August 28. Class fee is \$25.

Laugh your way to better health! **Laughter Yoga** combines joyful laughter exercises with the deep breathing and relaxation of yoga without use of tricks, tickling, jokes, or comedy. Why? Because laughter is the best medicine for your mind, body, and soul. It releases stress and tension, and strengthens your immune system. Come join this revolutionary class that is ha-ha-ha-healthy. **Free workshop** is offered on Saturday, August 28 from 12:30 to 1:15 p.m. in the Fairfield Community Center, Patio Room, for ages 18 and up. Register now to reserve your spot.

Free Ballroom Dance preview class is offered on Tuesday, August 31 from 6:30 to 8 p.m. at the Fairfield Community Center for ages 18 and up. Join Natasha Clarke, international competition dancer/choreographer, to improve your dance skills or burn extra calories with the **free Latin Dance** class from 8 to 9:30 p.m. Register now to reserve your spot.

Seniors release their creative abilities in the **Bob Ross Painting** class on Wednesday, September 1, from 10 a.m. to 2 p.m. Painters, ages 50 and up, learn to create paintings the Bob Ross way and complete one full painting in four hours. All students must supply their own canvas. Class fee is \$38. An additional

\$15 material fee is payable to the instructor if students do not supply their own paints. Class is located at the Fairfield Senior Center.

Seniors also have a new dance offering to keep active and moving! **Tappin' to the Oldies**, for ages 50 and up, teaches tap to music from the 1920s to 60s! Tappers gain strength, coordination, and steps. Class is offered in the multipurpose room of the Fairfield Senior Center from 9 to 10 a.m. on Mondays and Wednesdays. Fee is \$3 at the door.

Register for these classes at City Hall at the Mall, near JCPenney on the first floor of Westfield Solano Mall, or online with EZReg at www.fairfield.ca.gov. For more information, call (707) 428-7796.

#

About the City of Fairfield Community Resources Department

The Community Resources Department's mission is to shape our community's future by offering an array of programs and services that meet the needs of Fairfield residents. The department strives to provide resources for all aspects of daily life. Community Resources operates affordable housing programs, recreational classes, neighborhood improvement programs, senior services, sports and aquatics programs, and youth activities. The department manages the Aquatics Complex at Allan Witt Park, Allan Witt Sports Center, City Hall at the Mall, Fairfield Center for Creative Arts, Fairfield Community Center, Fairfield Senior Center, neighborhood centers, and sports fields.